

SUSANA HEY

Susana became interested in using intuition as a tool for inner guidance after attending a weekend-long workshop. This workshop used rhythmic beats to induce a deep meditative state of mind, where a connection with your inner knowing is easily accessed. Intuition immerses her in a world of magic, knowledge, beauty and most importantly a connectedness to the wisdom of larger consciousness. She uses it on a regular basis as guidance for herself and others as well. Since that weekend, she has continued to broaden her knowledge of states of mind and consciousness by taking classes with world-renowned teachers such as Brian Weiss, Alberto Villoldo, Stanislav Grof, and Enric Corbera, among others.

She has also taken meditative courses designed by Jon Kabat-Zinn at the Umass Medical Center focused on quieting the mind and reducing stress, and Vipassana meditation courses aiming at self-transformation through self-observation.

Intuition has been a by-product of personal growth and she is thrilled to be sharing her knowledge about it.